

Who Should Take Nuxated Iron and Why They Should Take It

Physician Explains—gives Practical Advice On What To Do To Help Build Up Your Strength, Power and Endurance And Increase The Red Blood Corpuscles.

THE ELDERLY INACTIVE MAN

Commenting on the case of Nuxated Iron, a tonic, strength and blood builder, Dr. James Francis Sullivan, formerly physician of Bellevue Hospital (Outdoor Dept.), New York, and the Westchester County Hospital, said:

"Modern methods of cooking and the rapid pace at which people of this century live have made such an alarming increase in iron deficiency in the blood of American men and women that I have often marveled at the large number of people who lack iron in the blood—and who never suspect the cause of their weak, nervous, run-down state. Lack of iron in the blood not only makes a man a physical and mental weakling, nervous, irritable, easily fatigued, but it actually robs him of that virile force, that stamina and strength of will which are so necessary to success and power in every walk of life. It may also transform a beautiful, sweet-tempered woman into one who is cross, nervous and irritable. I have strongly emphasized the great necessity of physicians making blood examinations of their weak, nervous, run-down patients. Thousands of persons go a year after year suffering from physical weakness and a highly nervous condition due to lack of sufficient iron in their red blood corpuscles without ever realizing the real and true cause of their trouble. Without iron in your blood your food merely passes through the body, something like corn going into old mill with rollers so wide apart that the mill can't grind."

"For want of iron you may be an old man at thirty, full of intellect, years in memory, nervous, irritable and all run-down, while at fifty or sixty, with plenty of iron in your blood, you may still be young in feeling, full of life, your whole being brimming over with vim and energy."

"As proof of this take the case of former United States Senator and Vice-Presidential Nominee Charles A. Tamm, who at past 58 is still a veritable mountain of tireless energy. Senator Tamm says: 'I have found Nuxated Iron of the greatest benefit as a tonic and regulator. Henceforth I shall not be without it. I am in a position to testify for the benefit of others to the remarkable and immediate helpfulness of this remedy, and I unhesitatingly recommend Nuxated Iron to all who feel the need of renewed energy and the regularity of their system.'"

"Then there is former Health Commissioner William B. Keen, of Chicago, who is past the mere mere years of old age, but who is still full of life, vim and energy. Former Health Commissioner Keen says he believes in the own personal testimony of his life due to his use of Nuxated Iron and that he believes it ought to be prescribed by every physician and used in every hospital in the country."

Lee & Osgood Co., Chas. Osgood Co.

It Serves Its Purpose.

Now that the elections are over not quite so much will be heard perhaps about "unconditional surrender."

Suffield.—Ten new cases of influenza have been reported in Suffield Military School and Health Officer W. E. Caldwell has ordered these students placed in the school hospital under the care of a special nurse. Five of the cases are boarding students and the other five are town students.

Not Even Copied There.

Our soldiers in the Orient have thoroughly exploded the old theory that the Turkish bath originated among the Turks.—Cleveland Plain Dealer

Naugatuck.—The new restaurant connected with the plant of the Good Hope Paper Co. opened Tuesday noon. Meals will be served at actual cost. The restaurant will be under the supervision of a committee of factory officials and employees and will be managed by John P. Jones.

The Danger of Imitations.

AN OHIO druggist writes to "The Practical Druggist," a prominent New York Drug Journal, as follows: "Please furnish formula for Castoria. All the formulas I have worked with are either ineffective or disagreeable to administer."

To this "The Practical Druggist" replies: "We do not supply formulas for proprietary articles. We couldn't if we wanted to. Your experience with imitative formulas is not surprising, but just what is to be expected. When Castoria is wanted, why not supply the genuine. If you make a substitute, it is not fair or right to label it Castoria. We can give you all sorts of laxative preparations for children, but not Castoria, and we think a mother who asks for Castoria would not feel kindly toward you if you gave her your own product under such a name."

No mother with a spark of affection for her child will overlook the signature of Chas. H. Fletcher when buying Castoria.

Children Cry For

Fletcher's

CASTORIA

Extracts from Letters by Grateful Parents to Chas. H. Fletcher.

Mrs. Wm. Palmer, Sterling, Ill., says: "Your Castoria has been my friend for twenty years. I could not keep my children well without it. I cannot speak too highly of your wonderful remedy."

Mrs. Frank H. Cafferty, of Providence, R. I., says: "If all young mothers would use Castoria it will bring up their child. My nurse and doctor can also tell what your Castoria can do."

Howard A. Banks, of Hickory, N. C., says: "Your Castoria is the only physic we ever give our three babies. The fact that we use it promptly is probably the reason we never have to use any other."

Mrs. A. J. Nelson, of Waco, Texas, says: "Enclosed you will find a picture of 'Our little Castoria boy.' When a week old I ordered your Castoria for him, and I have never been up a night with him since."

Mrs. Eva Ott Melin, of Jersey City, N. J., says: "I attribute the present excellent condition of my baby to your Castoria which he has been using since he was three weeks old. I have not lost a night's sleep in seven months."

GENUINE CASTORIA ALWAYS BEARS

the Signature of

Chas. H. Fletcher

THE CENTAUR COMPANY, NEW YORK CITY

Exact Copy of Wrapper.

AGRICULTURAL INTERESTS

KEEP MACHINES UNDER COVER.

Lack of care of farm machinery is one of the greatest sources of loss on American farms.

Every year the farmers of the United States spend millions of dollars for implements and, as a rule, these implements last only about half as long as they should because they are not kept under cover when not in use.

It costs from \$1,000 to \$1,500 to equip an average farm with machinery. When implements are given rough usage by operators and are left outdoors exposed to all kinds of weather, they cannot be expected to do good work for more than five years.

This neglect causes an expenditure of something like \$2,000 every 10 years for new machines. If we multiply this by the number of farmers who do not give their implements proper care, we can gain some idea of the enormous annual loss caused by carelessness.

It is just as important to save farm machinery as it is to save the crops after we grow them. Often we almost work our heads off to get a hay crop under cover when a sudden storm threatens. Yet many of us allow our farm implements to stay out in all kinds of weather.

Poor care of machines means waste of labor, waste of money and waste of crops. We cannot do good work with implements that are in poor condition.

There should be a machine shed and a repair shop on every farm and they should be equipped with a forge and blacksmith tools, with a carpenter's tool chest and simple wood-working tools.

A poorly drained building or one with a leaky roof should never be used to house machinery. The shed should be from 18 to 20 feet wide and long enough to accommodate all the machines. It is best to have enough doors, so that a machine can be taken out without disturbing any other machine. An expensive shelter is not necessary. It need not cost over \$400 or \$500.

Before putting any machine in the shed after it has been in use, it is always best to apply a coating of grease to all polished parts. This will prevent rust. If the moldboard is kept bright, better work will be done by the plow and the energy of both man and horse will be conserved.

A good operator is quick to detect, either by sight or by sound, when any part of a machine needs attention. If the machine is not working smoothly in all its parts, the cause of the trouble should immediately be ascertained and remedied. A loose nut, promptly tightened, will not only save valuable time, but will prolong the usefulness of the implement.

All bearings should be kept oiled. In spite of care, bearings sometimes become hot. This trouble can be remedied by mixing graphite with the oil. Implement should be inspected at frequent intervals and all worn parts adjusted or replaced. Every machine should be very carefully gone over during the winter when other farm work is not pressing and repairs needed should be ordered at once. These can be more promptly delivered in winter than during the rush season and the farmer will have more time to perfectly adjust the new part.

A little paint will do much to preserve both wood and metal. It also improves the appearance of an implement.

HOUSE HENS IN COMFORTABLE COOPS

Poultry can be raised successfully on any well-drained soil. A light loam which will grow good grass is well adapted for this purpose, while a very light, sandy soil, through which the water seeps freely, will stand more intensive poultry conditions, but most of the green feed for the fowls kept on such a soil will have to be purchased.

A heavy clay or adobe soil is not as well adapted to poultry raising, as such land does not drain readily, and it is much more difficult to keep the stock healthy.

Long stationary houses or the intensive system saves steps, but it is easier to keep the bird healthy and to reproduce the stock under the colony system, where the birds are allowed free range. Breeding stock, and especially growing chickens, should have an abundance of range, while hens used solely for the production of market eggs may be kept on a very small area with good results.

The colony house system necessitates placing the houses, holding about 100 hens, from 300 to 250 feet apart, so that the stock will not kill the grass. The colony system may be adapted to severe winter conditions by drawing the colony houses together in a convenient place at the beginning of winter, thus reducing the labor during these months.

WEIGHT IS MARK OF GOOD WINTER LAYERS

Make a record in selecting winter layers if a record has not been kept of the pullets that were hatched early. Well-developed, early hatched pullets make the best layers. Observations on the growth of chickens at the government poultry farm at Beltsville, Md., showed that the average pullet upon reaching maturity weighed as follows:

Breed and Variety	Age at Which Weight Was Made Pounds	Ave. Weight at Maturity Pounds
White Plymouth Rock	23	6.07
White Wyandotte	26	5.17
Rhode Island Reds	28	4.18
White Leghorn	28	3.14

Pullets of these breeds and those of corresponding types and weight that reach the weights given in the table or are very near them early in September, will begin laying by October if conditions are favorable.

Applying the weight table for the purpose of selecting winter layers, it appears that, for example, a Plymouth Rock pullet that is five months old in the early part of September should weigh not less than four pounds. A Wyandotte or Rhode Island Red should not weigh less than three pounds, a Leghorn not less than two pounds.

Many poultry keepers who do not mark their chicks when hatched and let broods of different ages run together in the growing season cannot tell the age of the pullets with certainty in the fall, and take it for granted that the small birds are the later hatched. This error leads to the holding of many pullets which, if their true age were known, would be discarded for winter layers.

All hens molt in the fall and early winter. During this molting season, which usually lasts about three months, the hens lay few or no eggs. It is advisable, if well-matured pullets can be purchased at a reasonable price to kill and eat the hens as they begin to molt, replacing the flock with newly purchased pullets. The hens should not be killed, however, until they begin to molt and their comb begins to lose its size, color and flexibility, for if these changes have not taken place the hens will probably still be laying and at a time of year when eggs are especially valuable.

PREPARING ANIMALS FOR SLAUGHTER

It is important that an animal intended for slaughter should be kept off feed from 24 to 36 hours. If kept on full feed the system is clogged and the blood vessels loaded. In such a condition it is impossible to drain out the veins thoroughly when the animal is bled, and a reddish colored, unattractive carcass will be the result. Food in the stomach decomposes very rapidly after slaughter, and where the dressing is slow the gases generated often flavor the meat. Water should be given freely up to the time of slaughter, as it keeps the temperature normal and helps to wash out the system, resulting in a nicely colored carcass.

The care of animals previous to slaughter has considerable effect on the keeping qualities of the meat. It is highly important that the animal be excited in any way sufficiently to raise the temperature of the body. Excitement prevents proper drainage of blood vessels, and if extreme will cause scurrying of the meat, which is a serious defect. In no instance should an animal be killed immediately after a long drive or after a rapid run about the place. If excited by such means it is far better to allow it to rest over night before killing than to risk the meat spoiling. The flesh of an animal that has been overheated is usually of a yellow color and very often has a sour or putrid odor within three or four days after being dressed.

It is also essential that the animal be carefully handled so as not to bruise the body. Bruises cause blood to settle in the injured part of the body, and often cause loss.

A 36-hour fast, plenty of water, careful handling and rest before slaughter are all important in securing meat in the best condition for use, either fresh or for curing purposes.

CALVES DO NOT NEED CREAM.

Many farmers lose money each year by feeding calves whole milk or skimming them access to the cows. In such cases the farmer is inclined to believe that the skim-milk fed calf is likely to be small, unhealthy and undeveloped.

Where properly fed, the skim-milk calf differs little, if any, in size, quality, thrift and value from calves raised by their mothers according to W. A. Rhea, specialist in dairying for the Extension Service of Connecticut Agricultural College at Storrs. The poor results that sometimes follow the feeding of skim-milk are more likely to be due to faulty methods of feeding them than to the fact that the cream has been taken out of the milk, says Mr. Rhea.

Skim-milk differs from whole milk only in butterfat content. The following figures give the average composition of whole milk and of skim milk:

	Milk	Skim
Water	87.1	90.5
Fat	3.9	0.1
Protein (Casein-Albumen)	3.4	3.57
Sugar	4.75	4.95
Ash	0.75	0.78

The fat is not the most important part of the milk for the calf. Protein builds up the muscles, nerves, hair, hoofs and horns, while the ash is used for building the bones. Protein is the curd of the milk, which is seen when the milk sours. The fat in the milk does not go to form growth but furnishes heat and fat on the body. A substitute for the fat may be supplied much cheaper with grain, such as corn.

The calf fed on skim-milk is not generally quite so fat during the first six months of its life as the one nursed by the cow but often has a better development of bone and muscle.

LIME RESTRICTIONS REMOVED. Connecticut farmers will again be

WRIGLEY'S

Announcement:

To help meet the needs of the government, Wrigley's has discontinued the use of tin foil as a wrapping for **WRIGLEY'S JUICY FRUIT CHEWING GUM**

Hereafter all three WRIGLEY flavors will be sealed in air-tight, pink-end packages.

So look for

WRIGLEY'S in the pink sealed wrapper and take your choice of flavor. Three kinds to suit all tastes.



SEALED TIGHT—KEPT RIGHT

Be SURE you get Wrigley's—

The Flavor Lasts!



able to purchase time for agricultural purposes without restrictions as a result of a decision by H. J. Baker, director of extension at Connecticut Agricultural College at Storrs, to whom the question was referred by the war industries board.

The priorities division of this board had accepted a ruling under date of August 1, 1918, that no farmer would be permitted to purchase lime in excess of one ton in any one year. The ruling produced so much dissatisfaction and was found to be so at variance with the country's agricultural programme, that the entire matter was referred to certain state officials in the various states in Connecticut the case was referred to Mr. Baker.

In a letter to all county agricultural agents in the state Mr. Baker explains his decision in the matter and the reasons back of the decision and makes suggestions as to the advisability of early buying and co-operative buying of lime.

UTILIZING STRAW STACKS.

Make the straw stacks of some value. Use for feed all of the best that is needed, and use all of the rest for bedding or get it tramped into or mixed with animal manure. It will help to save and increase the value of the manure and will more readily decompose in contact with the moisture. A straw stack allowed simply to rot down of itself is of little value as manure, as most of the nitrogen passes off into the air and is wasted.

BEGIN FEEDING SILAGE NOW.

Much feed is wasted by failure to finish packing the silo properly after filling. The top should be leveled off, tramped thoroughly and then well soaked. A layer of dry stalks run

through the cutter will also help to keep the top of the silage from spoiling. It is better, perhaps, to commence feeding silage as soon as filling is completed, in which case there is no waste. If that is done the tendency of cows to lessen milk production because of scanty feed is checked. Don't wait until winter to feed silage; do it now.

Why She Frets.

We know a dear old lady who has such a hoard of cards that she frets about her aviator son being called an "ace."—Boston Transcript.

East Hartford.—Ida A. Pierce was divorced from Harvey R. Pierce of Middletown in the superior court in Hartford last week. She claimed desertion and said that she received only 46 cents from him in over three years.

You Need Less Sugar When POSTUM is your table beverage

The natural flavor of this family table drink is closely like excellent coffee.

POSTUM is a good addition to the grocery list these days — saves sugar. No caffeine—No sleepless nights "There's a Reason"